

# SKY RANGER

NAS Fort Worth JRB, Texas



Vol. 67, Issue 1



## The Winds of Change NAS Gets Greener with Windpower

BY MC1 (AW/SW) MICHELLE SMITH

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## Base Improvements 7 Big Changes for 2010

BY MC1 (AW/SW) MICHELLE SMITH

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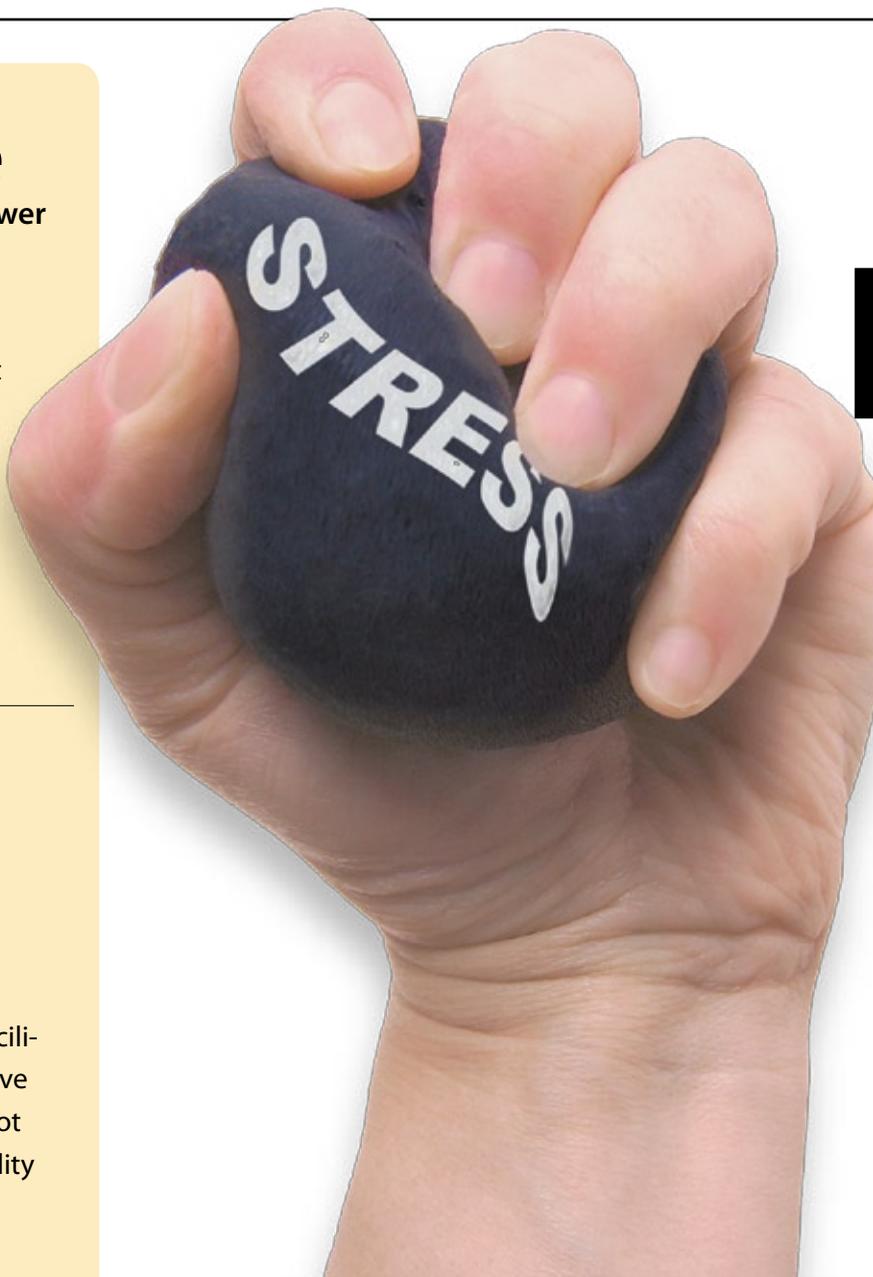


## Avoiding Unnecessary Residential Lease Fees

BY LT. COREY D. BEAN, JAGC, USN

Fees for repairs, early termination, and other lease violations can add up quickly and seem disproportionate to any damage suffered by the landlord. The following is my best advice for avoiding having to write a big check after terminating a lease. Following these steps during the lease is minimally cumbersome and may save substantial headaches and cash upon termination.

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# Hard Habits to Break

## Reduce Stress At Work With Organization And Time Management

BY RUSTY BAKER

If only it was as easy as dropping that doughnut; stomping out stress in the office is not an easy habit to break. Corrective action is subjective to and relative to each individual's daily tasks, workload and tolerance to unpredictable distractions.

Being organized and ready for the unexpected may be closer to preemptively stacking sandbags for an impending flood. You never

know when you'll need it, but it's always best to be prepared. Those sandbags may be in the form of organizational products like calendars, project organizers or anything that can remove that clutter off your desk.

Effective time management could include setting clear cut goals from week to week, or limiting your personal phone calls and conversations to ensure better

work productivity. Each work environment is unique, and as you can imagine, there's a 1,000 ways to skin this cat. Here are some great local tools to set your plan in motion.

Forget buying that same old organizer that you stop using by February. Try plugging in your events and workload in Microsoft Outlook. Did you know that you

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# SKY RANGER

NAS Fort Worth JRB, Texas

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## SKIPPER'S NOTES:

# Welcome to 2010 and the Re-born Sky Ranger!

BY OFFICER CAPT. T.D. SMYERS

We welcome your feedback on this first print edition of our popular base paper as we strive to enhance the level of information, entertainment, awareness and sense of community aboard NAS Fort Worth JRB!

The Sky Ranger has a great history, dating back to the 1940s at NAS Dallas, and we hope its newest iteration continues this proud legacy. This classy periodical has been produced as a virtual paper over the last year and a half. Now, through a process known as Commercial Enterprise (CE), Full Armor Publishing has begun producing *Sky Ranger* solely for its advertising revenue.

This contemporary public-private partnership model offers a win-win, to publishers looking for an enterprise opportunity as well as installations, like ours, looking

for a robust, slick and impactful printed communication medium.

You can expect to find *Sky Ranger* in racks at public locations like the Visitor Center, Quarterdeck, Ops, Exchange, Commissary, Barber Shop, TEXPLEX, etc. Additionally, some copies will be delivered to commands around the base. As we seek the proper circulation, please provide us your suggestion.

We want to tell your story! If you have any ideas for columns, features or articles, or anything else that reflects your readership of our official base paper, let us know.

Please provide any comments or suggestions to NAS Fort Worth Public Affairs at FTWO\_INFO@navy.mil, or simply drop a note in one of my Suggestion Boxes around the base.



2010 will be a big year here at NAS Fort Worth JRB. It started off with a fun-filled and safe New Year's Eve celebration and continues, at a good clip, with the return of the *Sky Ranger*! Buckle your seat-belt, there are a lot more exciting changes coming right behind it!



## The Winds of Change

BY MC1 (AW/SW) MICHELLE SMITH

With each turn of the blades slicing through the air, NAS Fort Worth JRB is saving money and increasing its renewable energy production. The same wind that slices through you like a knife in the icy winter months or helps cool your body during the dog days of summer is actually a form of solar energy, which can be used to generate mechanical power or electricity.

As part of the Energy Independence and Security Act of 2007, which established a requirement for reducing consumption of energy, water, transportation fuel and an increase in renewable energy production, two small wind turbines have been installed on base recently.

The Skystream 3.7 turbines, manufactured by Flagstaff, Arizona's Southwest Windpower, and located near Building 1347, silently transform the wind from kinetic energy into mechanical energy. The whole process begins when the wind turns the blades, which spin a shaft connected to a



Two small wind turbines located near Building 1347 work to save money and increase renewable energy production on base as part of Federal energy conservation standards. (USN photo by MC2 (AW) Bradley R. Dawson)

generator that makes electricity.

According to Resource Efficiency Manager, Public Works Department, Nelson Wells, "The National Defense Authorization Act of 2007 mandates a 2 percent annual increase of energy produc-

tion, the actual goal is to have 25 percent of the base's energy consumption by 2025 to be produced by renewable sources-solar, wind, geothermal, biomass, fuel cell, hydro, etc."

Wells estimates that the two turbines will each save the base about \$1000 annually. "Not much, but it adds up," he admits. "But it is part of the base's goal to becoming "green" by expanding its use of renewable resources such as the type provided by turbine windmills." Wells said currently there are no plans to add more turbines to the ones already on base. "We will evaluate the production of these two for a while before we make a determination to purchase more" Wells said. "Ft. Worth, with an average annual wind speed of about 10.7 mph, is just marginally attractive for wind power to be cost effective, but some funds were available at the end of last fiscal year, so PWD decided to give the turbines a try."



# Base Improvements will Enhance the Quality of Life

BY MC1 (AW/SW) MICHELLE SMITH

Change is a part of our lives. Much like the coming of a new year or the transition of the Sky Ranger from an electronic to print format; we are about to experience changes in the facilities on base as well.

According to Lt. Sandranell Moerbe of Navy Facilities Southeast, Public Works Department; Fort Worth's Facilities Engineering and Acquisition Division, there are five current projects underway and two future projects not awarded to contractors yet that will improve the quality of life on base.

The new Child Development Center (CDC), constructed by The Warrior Group, recently opened and cost \$3,864,542. After K&L General Contractors finish repairs this month on the building next to the new facility, all child care services will be co-located in these two buildings. After that, K&L General Contractors will tear

down the old CDC building located near the Navy's Fleet and Family Service Center.

**There are five current projects underway and two future projects not awarded to contractors yet that will improve the quality of life on base**

When asked how she feels about the new facility and the construction process, CDC Director, Julie Roberts, said "It's great, they listened to our wants, needs, and desires from the inside to the outside. Our ideals were incorporated into the design of the building—down to the trees and plants that landscape the new facility; it makes it more personal to

the staff," she continued.

Some of the changes include 9 additional classrooms: 5 for infants and 4 for toddlers. Upgrades include age-appropriate playgrounds, which extend from the classrooms. "The playgrounds are awesome, we are so excited," said Roberts. The last part of the project will be complete when K&L General Contractors tears down the old CDC building located near the Navy's Fleet and Family Service Center.

Another project expected to be completed this month is upgrading Hangar 1048. It calls for renovation of work spaces for Fleet Logistics Support Squadron 46, who relocated to Fort Worth from NAS Atlanta in 2009. Renovations to administration spaces and the construction of an extension to the hangar cost \$7,715,149.

A joint indoor training track is expected to open late next month.



Construction of the Joint Indoor Training Tank is underway. The facility will have a 25-meter pool, which will be used for command physical training, but its main purpose will be for swimming and water survival training. This is one of the many projects due to be completed this year, which will enhance our on-base quality of life. (USN photo by MC2 (AW) Bradley R. Dawson.)

The heavy rains over the last few months have slowed down the progress, which JAMCO Group III LLC has made on the \$4,576,429 project.

While the facility will be used as a training tank for swimming

and water survival, the 25-meter pool will be also used for command physical fitness programs. Locker rooms and bleachers will also be available. The Morale, Welfare and Recreation run facility

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# It's Never too Late

BY MC1 (AW/SW) MICHELLE SMITH

The ball has already dropped in Times Square and it's mid-January already. Is it too late to begin your New Year's resolution? The good news is it's never too late to start.

You're in good company. Making New Year's resolutions dates back to ancient times beginning with the Babylonians over 4,000 years ago.

According to experts, some of today's most popular New Year's resolutions include losing weight/getting in shape, quit smoking tobacco products, stop drinking alcohol and spending more time with their families. If you think your goals are a little far fetched it might help to know that historians say the Babylonian's most popular resolution was to return borrowed farm equipment.

Hopefully, in this article you may find out about resources available on base that will help you achieve two of the most popular New Year's resolutions: physical fitness and stop smoking.

If you want to lose weight or improve your fitness level then Morale, Welfare and Recreation's fitness center is a great place to start. According to Donna Johnston, MWR's fitness director, "we offer nutrition classes by appointment, and classes in step aerobics, Pilates, yoga, Zumba, karate for kids and adults as well as strength training classes. If you like to exercise with co-workers, classes can be set up for commands as well."

According to Johnston, Spin classes will be added in January or February, once an instructor is hired. The fitness center recently upgraded their fitness equipment adding new treadmills, elliptical

trainers and circuit training machines.

If swimming is more to your liking, then you may want to take a dip in our soon-to-be built 25-meter indoor pool. The indoor pool is part of the joint indoor training tank for swimming and

the reason. Nicotine is a naturally occurring drug found in tobacco products and is as addictive as heroin or cocaine.

Studies have shown that a person becomes physically and emotionally addicted to nicotine over time and when they try to quit they must deal with the physical and mental dependence in order to quit for good.

Maybe you see using tobacco as just a bad habit, but it's more than that; it can contribute to diseases and early death.

According to the American Lung Association, cigarette smoking leads to 87 percent of lung cancers, emphysema and chronic bronchitis. Cigarettes contain over 19 known cancer-causing chemicals in addition to nicotine. Healthcare and lost productivity costs of \$97.2 billion dollars per year arise from smoking related illnesses.

According to SECNAV Instruction 5100.13E, tobacco use is the largest cause of preventable, premature death in the United States among adults.

Our Branch Medical Clinic offers smoking cessation classes to help those who want to stop tobacco use. Additionally, outside the command, resources such as the National

Quitline is 1-800-QUIT-NOW, along with internet support: [www.smokefree.gov](http://www.smokefree.gov) and [www.ucanquit2.org](http://www.ucanquit2.org) for those wanting to live a smoke-free lifestyle.

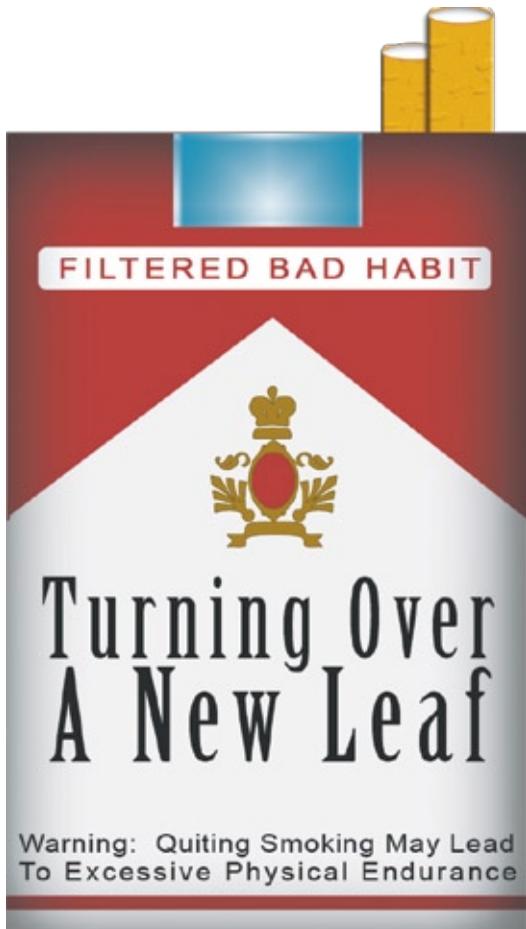
For further information on fit-

ness class times and days please contact MWR's fitness center at (817) 782-7770. For smoking cessation class information contact our Branch Medical Clinic at (817) 782-5909.

**Quitline is 1-800-QUIT-NOW, along with internet support: [www.smokefree.gov](http://www.smokefree.gov) and [www.ucanquit2.org](http://www.ucanquit2.org) for those wanting to live a smoke-free lifestyle.**

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physical training. The facility will also have bleachers and locker rooms. Writer and humorist Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Why is quitting so difficult for most people? Nicotine is



# VITA Tax Volunteers

BY MC2 (AW) BRADLEY DAWSON



Senior Tax Relationship Consultant Ms. Johnnie Bowers teaches volunteers at NAS Fort Worth JRB how to use the Volunteer Income Tax Assistance (VITA) program during a class designed to certify volunteers as tax consultants up through an intermediate level. (USN photo by MC2 (AW) Bradley R. Dawson)

Volunteer Income Tax Assistance (VITA) tax preparation training was held January 4-8 at the Navy College Office's computer lab during which volunteers were trained how to prepare tax returns for the local military community.

Senior Tax Relationship Consultant, Ms. Johnnie Bowers, has taught the on-base class for the past three years and is a 30-year veteran of the Internal Revenue Service (IRS). Ms. Bowers used IRS approved software to train volunteers such as Yeoman 2nd Class Ora Sorrell.

"I volunteer to help service men and women who are in real need of assistance," said Sorrell.

Volunteers who finished the training were certified and will start preparing taxes beginning January 19th at the base's VITA tax center, located at the Base Chapel. The local VITA tax center will operate until the middle of April.

However the VITA office still needs volunteers. Without more volunteers, the tax center may not be able to open more than two or three days a week. Part-time volunteers will be considered on a case-by-case basis, but it is important to check with your supervisor before volunteering. To sign up or ask questions, call 817-782-6010.

VITA has been helping the military complete their taxes and save money for over 35 years now.

According to Legalman 1st Class Andrea Navarro, "we saved service members, reservists and retirees over \$287,000 in filing fees last year and our refunds were over \$1,500,000. Through

**According to Legalman 1st Class Andrea Navarro, "we saved service members reservists and retirees over \$287,000 in filing fees last year and our refunds were over \$1,500,000."**

this program, service members can save hundreds of dollars on tax preparation fees and get their refund in just a couple of weeks," she continued, "We filed over 1,200 electronic tax returns and they were all done with rapid refund."

NAS Fort Worth JRB VITA program offers free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days. NAS Fort Worth JRB VITA tax center will take appointments starting Jan. 19 at 817-782-6397.

# A New You, A New Shoe

BY AZ2(AW) PERCY DIAZ



You've probably read at least half-a-dozen articles telling you what to do to kick start a great 2010 fitness regime. Rather than pitching you yet another new idea to juggle in with your work outs, how about giving you a good idea to spend your Christmas gift-card money? Proper running shoes.

We all know that part of a good workout is having a good cardio session, and most successful cardio sessions focus on running. However, if you find yourself walking away with sore feet, muscles, shin splints or blisters, it may be time to invest in a new, and proper pair of running shoes.

These are reasons why it is very important to wear proper running shoes when running. It is important to understand the function of a running shoe. They're designed to protect the foot from the stress of running, while permitting you to achieve your highest potential. The forces and motions associated with running can be detrimental to your

body but wearing the right running shoe can help to prevent injuries.

These are tips on how to select and wear the proper running shoe:

Your feet swell throughout your busy workday, so you may want to buy your shoe at the end of the day. When buying a running shoe do your research. If your feet are always killing you after a run, maybe you pronate your feet, have high or flat arches, and need a shoe with a corrective design. Each major shoe manufacture has specific shoe designs for either motion control for low arches, flat feet, overpronators and heavy runners; stability for normal arches, neutral feet and pronators; or cushioned running shoes for high arches, underpronators and supinators.

If a particular type of shoe has worked for you in the past, keep buying that same type. Many times, a company will upgrade a series and change the number that you might already be familiar

with. You can track these changes online or by asking a shoe salesman. It can be maddening enough to buy two or three pairs of the same shoe when they go on sale.

Never attempt to run a long distance prior to slowly breaking in those new shoes with at least a month of short jogs and everyday, low-impact walking. The insoles of your shoe gradually adhere to the form of your feet. Many experts will tell you to slowly phase out your old shoes while integrating new shoes in your work out.

Use the 350-to-550 mile principal. Even if your shoe's sole does not appear to be worn out, shock absorption may be lacking. Replace your shoes at the prescribed time, or you may cause injury.

Finally, don't forget to correctly lace your shoes before you go running. If your shoes are too loose it may make your foot move excessively resulting less control and stability. Inversely, if you lace

your shoes too tight, you loose blood flow, causing your feet to go numb during a long run.

### Extra Feats of Improvement

Do your feet blister often? You'd be amazed at the difference in upgrading to a thicker, moisture-wicking pair of socks. Several blister shielding foot powders are on the market that reduce friction and heat build up during activity. You may want to try replacing the standard insoles with a shock-absorbing type. Any combination of these remedies may yield a dramatic improvement in your running distance and time, while

helping you feel less fatigue or sore after your runs.

### A Culture of Fitness

The Navy states that a culture of fitness must be fostered at every level to encourage year-round physical activity and proper nutrition in order to maintain healthy Sailors with optimal physical and mental readiness.

The Navy manages its physical readiness program, utilizing OPNAV instruction 6110.1H, to support a fit, fully capable and mission-ready force. Recent policy updates are summarized in NAVADMIN 247/09. <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/>

Regular physical activity has numerous proven mental and physical health benefits and promotes sustained mission readiness. To support sustained healthy living, check out the Navy/Marine Corps online guide to fitness, nutrition and injury prevention at: [http://www-nehc.med.navy.mil/Healthy\\_Living/](http://www-nehc.med.navy.mil/Healthy_Living/)

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AO1 Joaquin B. Schumacher proudly shows off the trophy he earned as MWR 2009 Athlete of the Year. Schumacher was Station Weapons's head coach of their sports teams. (USN Photo by MC2 (AW) Bradley R. Dawson)

## MWR Names the Athletes of the Year

BY MC2 (AW) BRADLEY DAWSON



AO2 LeDarryl D. Wesley proudly shows off the trophy he earned as MWR 2009 Athlete of the Year. Wesley was Station Weapons's assistant coach of their sports teams. (USN Photo by MC2 (AW) Bradley R. Dawson)

Aviation Ordnanceman 1st Class Joaquin B. Schumacher and Aviation Ordnanceman 2nd Class LeDarryl D. Wesley were co-named as NAS Fort Worth JRB Morale, Welfare and Recreation's (MWR) 2009 Athlete of the Year. Both Sailors worked together as coaches for Station Weapon's intramural sports and Captain's Cup teams. Schumacher and Wesley successfully guided their teams through a variety of sports—Schumacher as the head coach and Wesley as the assistant.

Growing up in Shepherd, Texas, Schumacher played sports to stay out of trouble while his mom was busy working. On the other hand, Wesley's parents started him in pee-wee football in his hometown of Brewton, Ala., when he was in the first grade. Wesley said he continued to play football all the way through high school.

Schumacher said he learned a lot about life through his exploits in the various sports he has played.

"You find out a lot about

people; how they react to certain situations and what kind of adversity they can handle," Schumacher said.

Between the two, Wesley was the only one to have sports role models as a child.

"I liked both Emmitt Smith and Barry Sanders," said Wesley. "I liked Emmitt because of his unique running style and Barry because it always took several tacklers to get him down."

Schumacher said he never really had any sports role models and that he looked within to motivate his aspirations as an athlete.

"Mom taught me how to realize that making the team was not the most important aspect of my life as a young man," said Schumacher.

She's the one who taught him to bounce back from life's missed opportunities.

Wesley thought of playing for

Alabama State's football team after high school. The team's scouts told him to join the team through the walk-on process, but with no guaranteed position on the team's roster, Wesley said he didn't want to go through the riggers of having to prove his skills on the field day-after-day.

"I didn't want to go through that process, and that is when I joined the U.S. Navy," said Wesley.

Schumacher credits his motto of "play all out and give mercy to no one" as one of the reasons for Station Weapons team's success. He said that their team would not treat any other team as if they were better or worse than the team they played before.

Schumacher and Wesley both showed a passion for football as their sport of choice. Coincidentally, the football team they coached won championships in both the base league and Captain's Cup.

Schumacher said he never would have received the MWR 2009 Athlete of the Year award

without his teammates.

He said, "It's an athlete of the year award, but it should be

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**Schumacher said he never really had any sports role models and that he looked within to motivate his aspirations as an athlete.**

a team of the year award."

Wesley was not expecting anyone to receive an individual award, but found out about the honors after the last game was played when he and Schumacher were named MWR 2009 Athletes of the Year.

"I was not expecting to get an award, it was totally out of the blue," said Wesley.



# What's Your New Year's Resolution?



"My New Year's resolution is to be more politically correct."

**Aviation Ordnanceman 1<sup>st</sup> Class  
Jimmy E. Escamilla, U.S. Navy**



"My resolutions are to achieve a healthier diet and run more."

**Tech Sgt. Paul Gordon,  
U.S. Air Force**



"I just want to be a better parent."

**Gunnery Sgt. Damien M. Harvey,  
U.S. Marine Corps**



"Why wait for the new year? There's no time like the present. Let's get it done now!"

**Hospital Corpsman 1<sup>st</sup> Class (FMF/  
AW) Terrance D. Foote, U.S. Navy**

## Reduce Stress At Work With Organization And Time Management

continued from cover

can use and share calendars and tasks with members of your office, division, or anyone throughout the Navy and Marine Corps Intranet? Let's say you're the leading petty officer from your division and you've just got a red-hot tasker e-mail from your chief. You can drag and drop that e-mail into your "Tasks" bar and electronically delegate it out to your Sailors. From there, you can check the progress they've made and even add notes as the mission changes. You already have Outlook; it's already been proven effective, saves paper and totally free.

The installation's Information Technology Representatives can come to your office and teach your staff everything they need to know about Outlook's calendar, tasks, creating rules and managing all those megabytes of e-mail data with personal storage tables (PSTs). Call to set up an appointment at (817) 782-7997 or you can learn it yourself online at: <https://www.homeport.navy.mil/training/office2003/outlook/>

Maybe the clutter is in your

mind, not on your desk. If so, it may do some good to read a few "self help" books to tweak your way of thinking. The Base Library has the following Navy Reading List selections, on book or on digital Playaway, that focus on management and strategic planning, critical thinking, and leadership. Reading or listening to a few of these books may elevate your mind and bolster your evaluation as well.

For the junior-enlisted member, check out "The 7 Habits of Highly Effective People," by Stephen R. Covey, an integrated, holistic approach to solving personal and professional problems by becoming "principle-centered." Other books include, "Time Management From the Inside Out: The Foolproof Plan for Taking Control of Your Schedule and Your Life," by Julie Morgenstern; and "Lincoln on Leadership," by Donald T. Phillips.

For leading chief petty officers, try out, "American Government," by Robert A. Heineman; and "The Tipping Point: How Lit-

tle Things Can Make a Big Difference," by Malcolm Gladwell, who examines why big changes in society so often can occur suddenly



and unexpectedly. Ideas, behavior, messages, and products, he asserts, sometimes spread like infections-disease outbreaks.

Division leaders might find the following both intriguing and

helpful: "Freakonomics: A Rouge Economist Explores the Hidden Side of Everything," by Steven D. Levitt and Stephen J. Dubner, "The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business," by Clayton M. Christensen; or "Longitude: The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time," by Dava Sobel, who chronicles the 40-year obsession of John Harrison who invented the Chronometer, stopping centuries of sailors being lost at sea.

Department and command leaders have at their disposal: "Execution: The Discipline of Getting Things Done," by Larry Bossidy and Ram Charan; and "Thinking in Time: The Uses of History for Decision Makers," by Richard E. Neustadt and Ernest R. May, who presents stories of success and failure whereas his suggested practices which, if made routine, could at least protect against common mistakes. The target audience consists of decision makers and the men

and women who work for them as direct or personal staff.

Senior Leaders can benefit from: "The Art of the Long View: Planning for the Future in an Uncertain World," by Peter Schwartz; "Moneyball: The Art of Winning an Unfair Game," by Michael Lewis; "The Rise and Fall of Strategic Planning," by Henry Mintzberg; "Scenarios: The Art of Strategic Conversation," by Kees van der Heijden; and "The Second World War, Volume 1: The Gathering Storm," by Winston S. Churchill.

The Navy's Supplemental Reading List carries one gem that could be good for anyone, pick up "Time Management: Proven Techniques for Making the Most of Your Valuable Time," by Marshall J. Cook. This is an updated, expanded version of the definitive guide to managing and freeing up that most precious of commodities – time.

Many of these books have been added to Navy Knowledge Online, and are available for download.

# Comfort Chicken Noodle Soup

Soups

**4 cups vegetable broth**  
**2 cups water**  
**2 cups carrots, sliced**  
**1 cup onion, chopped**  
**1 cup mushrooms, sliced**  
**2 cloves garlic, minced**  
**2 tablespoons olive oil**  
**8 oz egg noodles**  
**1 rotisserie chicken; deboned**  
**2 tablespoons fresh parsley, chopped**  
**1 tablespoon fresh rosemary, chopped**  
**1 cup velveeta, cubed**  
**1/2 cup heavy cream**  
**Salt & Pepper to taste**



In a large stock pot, bring vegetable broth and water to a boil. Meanwhile, in a large skillet, add olive oil, carrots, onion, mushrooms and garlic and saute for about 5 minutes. Add to vegetable broth.

Add egg noodles to stock pot and boil for about 5 minutes, reduce heat to simmer. Add parsley, rosemary, velveeta cheese, and cream. Simmer for about 10 minutes, add salt and pepper to taste.

(Photo by Barbara Smyers)

## Balfour Beatty Communities Foundation Accepting Scholarship Applications For Upcoming Academic Year

BY DIANNE BORGES/BALFOUR BEATTY COMMUNITIES

In 2009 Balfour Beatty Communities, responsible for the privatized family housing at NAS JRB Fort Worth, formed Balfour Beatty Communities Foundation, a non-profit organization committed to honoring military personnel – active, disabled and fallen – and their families.

One of the primary goals of the Foundation is to promote the pursuit of education and a commitment to community leadership through educational schol-

### **Committed to honoring military personnel – active, disabled and fallen – and their families**

arships to the children of active duty military members that reside in family housing.

The Foundation is again offering scholarships that reward high school and undergraduate students in need of financial assistance, recognizing their educational and leadership efforts.

Family housing residents with high school and undergraduate students are encouraged to apply for these scholarships for the 2010-2011 academic year; valued up to \$2,500. The application, details and requirements can be found at [www.bbcommunities-foundation.org](http://www.bbcommunities-foundation.org). The application deadline is April 15, 2010.

Balfour Beatty Communities Foundation was proud to award 17 academic scholarships to students residing in its communities across the country for the 2009-2010 academic year.

According to Bruce Robinson, president and CEO, "Balfour Beatty Communities is committed to providing a quality living environment that supports the diverse interests and needs of our military families. Through Balfour Beatty Communities Foundation, we say thank you for the work that you do and the sacrifices military families make."

## Base Improvements will Enhance the Quality of Life

continued from page 3

will be able to meet varied training needs because of its several large roll up doors that can easily accommodate equipment being brought in.

One other new project is a new Air Traffic Control Facility. Moerbe said, "Walton Construction is working to complete the new tower and its related facilities this month, so that Space and Naval Warfare Systems Center (SPAWAR) out of Charleston, S.C. can begin installing new equipment such as electronic equipment and a new radar antenna starting in February."

"The equipment installation is expected to last until mid-summer," she said. "Once all the equipment is installed, operations in the new tower is expected to begin in mid-

October after Walton Construction demolishes the upper portions of the old tower, so that

it will match the height of surrounding buildings," said Moerbe.

The cost of the new tower, radar air traffic control facility and partial demolition of the old tower is \$11,618,175. The new taller tow-

### **The new taller tower will allow air traffic controllers a better view of the airfield**

er will allow air traffic controllers a better view of the airfield and will have updated computer software allowing customized settings for air traffic controllers and improved training scenarios.

The Air Force will be getting additions to Building 1649, which is used for electronics countermeasures and Building 1650, which is used as avionics shop. "This project was funded through Base Realignment and Closure Act and will allow the 301<sup>st</sup> Fighter

Wing to have the space it requires for the additional people, planes and equipment it gained through BRAC actions," said Moerbe. SMR Construction Inc. is expected to finish construction of

this \$2,436,998 project in August according to Moerbe.

According to our Public Works Department two future projects have not been awarded to contractors just yet.

One of the projects is a much needed "face lift" to Building 1510; after the design is completed construction should begin in the Spring according to PWD.

"It will be a complete remodeling of the front entrance, quarterdeck and restrooms," said Mo-

erbe. "Some of the improvements include painting and new carpeting," she said.

The second project will be the reconstruction of Building 1730. According to PWD, the new structure will be built on its current footprint, but the new structure will be two floors, which will increase the Joint Telecommunications Building's capacity.

Moerbe said, "The current equipment will remain in use during this time and after construction is completed the communications equipment will be located on the ground floor, while the administrative spaces will be on the second floor."

So the next time you walk or drive by a lot, which was once dirt and grass and see construction going on, you may recognize that change is taking place on base once again.



## NR CSG-5 Holds Change of Command

BY MC1(AW/SW) MICHELLE SMITH

Capt. Andrew J. Mueller, the former Chief Staff Officer of Navy Reserve Carrier Strike Group Five (NR CSG-5), assumed command of the group from Capt. John K. Winkler during a change of command ceremony held at the Fort Worth Navy Operational Support Center Dec. 12.

Deputy Commander, Chief of Naval Air Force Reserve Capt. Bryan P. Cutchen served as the ceremony's guest speaker.

Following his tour as the Training Air Wing One Reserve Component Commander at NAS Meridian, Miss., Mueller reported for duty as the chief staff officer here in February 2009. While serv-

ing as the Chief Staff Officer, Mueller graduated with distinction from the satellite Marine Corps Command and Staff College and was selected for command of NR CSG-5.

Mueller has been awarded two Meritorious Service Medals, Air Medal (Strike Flight), Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement Medal and numerous other campaign and unit awards.

As a Reservist, Mueller has been a commercial airline pilot with American Airlines since 1999. He resides with his wife and their three sons in Meridian, Miss.

Carrier Strike Group Five's incoming Commanding Officer, Capt. Andrew J. Mueller, (left) and outgoing skipper, Capt. John K. Winkler, stop to cut the cake after the group's change of command ceremony held the installation's Naval Operational Support Center Drill Hall on Dec. 12. (Photo by Lt. Alex Mirkhani)



USN Photo by MC2 (AW) Bradley R. Dawson

Installation Command Officer, Capt. T.D. Smyers, a 1984 Naval Academy graduate, shows his Navy pride as he wears a T-shirt and button with the words "Beat Army". Smyers enthusiastically rang cow bells as he walked into various workspaces in the Building 1510. Smyers wanted to show his support of the Naval Academy's football team before the 110<sup>th</sup> Army-Navy game, which was held at Lincoln Financial Field in Philadelphia Dec. 12. The Navy Midshipmen beat the Army Black Knights for the eighth consecutive time, with a prevailing score of 17-3. The Navy's latest victory brings the overall record to 54-49-7. For the remaining 364 days of the year, the Army and Navy are teammates on board NAS Fort Worth JRB.



DoD Photo

The NAS Fort Worth JRB Joint Color Guard proudly represents all branches of the military during the opening ceremony at the Bell Helicopter Armed Forces Bowl held 31 Dec at TCU's Amon Carter Stadium.

From left: lead rifle Sgt. Alexander, USA, American flag Cpl. Wells, USA, Army flag Sgt. Pennock, USA, Marine Corps flag Lance Cpl. Martinez, USMC, Navy Flag Airman Dominguez, USN, Air Force Flag Master Sgt. Munoz, USAF, Coast Guard Flag Petty Officer Lockhart, USCG and trail rifle Lance Cpl. Beaver, USMC. In their return trip to Fort Worth, the Falcons from the Air Force Academy dominated the University of Houston team, 47-20. That same afternoon, Navy swamped Missouri in the Texas Bowl played in Houston.

## Coming Soon to NAS Fort Worth...

Everyone is invited to the Navy & Marine Corps Relief Society's Open House to help celebrate their 106th birthday. Jan 22nd in Bldg. 1515 from 1 p.m.-3 p.m.

H&R Tax Service will begin operating in the AAFES BX bldg near the Food Court in mid-January.

A Tactical Shop (Patriot Outfitters) and a Coffee Shop (Beantree Espresso) are scheduled to open soon in Bldg. 1275 adjacent to the Laundry/Dry Cleaners and Alteration Shops.

The on-base Gas Station will be installing new gasoline dispensers soon. Be aware it will be necessary to temporarily close the gasoline operation during the installation of these new dispensers. The installation dates are still to be determined.

The Base-wide Mardi Gras Parade & Party is scheduled for Feb. 18th. Begin planning now for your Command's float in the parade. MWR has more info.

The NAS Fort Worth Air Power Expo will be April 23-25. Put this free event on your calendars now.

Visitor Control Center's New Hours of Operation Started January 4th

Mondays-Thursdays . . .6:30 a.m. to 4:00 p.m.  
Fridays . . . . .7:00 a.m. to 6:00 p.m.  
Saturdays . . . . .6:00 a.m. to 4:00 p.m.  
Sundays . . . . . Closed



Photo by Barbara Smyers

The JRB rings in the New Year with fireworks over Lake Worth. At the stroke of midnight, party goes from Morale, Welfare and Recreation's New Years Celebration held at the Desert Storm Conference Center braved the cold to watch the firework display.

# Avoiding Unnecessary Residential Lease Fees

BY LT. COREY D. BEAN, JAGC, USN

Imagine getting mail from your landlord about a month after moving out of your apartment. You assume the envelope contains your refunded security deposit. Instead it contains a bill for \$3552.01 and a notice that your account will be turned over to a collection agency if not settled in 30 days.

While a legal assistance attorney may be able to help you obtain some relief (depending on the facts of the case), this situation was probably avoidable. Fees for repairs, early termination, and other lease violations can add up quickly and seem disproportionate to any damage suffered by the landlord. The following is my best advice for avoiding having to write a big check after terminating a lease.

**Read.** The lease documents are an agreement between you and your landlord. When you sign it you agree to it whether you read it or not because you are presumed to have read it. Most apartment complexes and property management companies use standard forms with blanks filled in. When you read through your lease make sure that all blanks are filled in and that the numbers match previous representations of the landlord. For instance, the amount of your monthly rent, length of the lease, due date for rent payments, amount of late fees, and notice for termination should all be filled in.

An individual landlord/owner might not use a form lease. You still need to read the lease carefully and make sure you understand all terms, especially because some terms may be unconventional.

**Negotiate.** No matter who you rent from, you can still propose changes to any lease contract. The worst the landlord can do is refuse to change a term you do not like in which case you are no worse off than before you asked. If the terms are too onerous for you to accept, look elsewhere for housing. Especially in a depressed housing market, landlords may work harder to compete for your business. Be sure that all of your negotiations are in good faith. Sneaking terms into a lease may



give your landlord the option to void the contract. Even if your landlord does not void your lease, your landlord may now be looking for ways to ding you with violations or fees.

**Inspect.** Before you accept the house or apartment, walk through it. What was promised must be delivered, and you do not need to accept anything less. For instance, if you were promised new appliances and there is an avocado green refrigerator from 1974 in the kitchen, you can refuse to accept the lease under the original terms or at all. Similarly, if the premises are filthy or infested, you do not have to accept them.

**Document.** Take pictures or a video walkthrough of pre-existing damage in your house or apartment and note it on the move in check list that your landlord should give you. Refuse to sign a lease unless the landlord agrees to document pre-existing damage. Save the pictures and the move in check list.

**Comply.** Pay rent on time to avoid late fees. Also comply with other terms in the lease. If you are going to change roommates, most leases require an addendum since you cannot sublease without the landlord's approval of the new resident. This requirement is understandable from the landlord's point of view since they have an interest in who is living on the premises. If you move out and at least one roommate stays behind, also make sure to get a lease addendum. Without the ad-

dendum you can and will be held liable for damages that may occur after you are no longer living on the premises.

**Notify.** Make sure to give advanced notice before your move out date to avoid early termination fees or having to pay more rent than necessary. Although the Service Members' Civil Relief Act provides some protection for civilians or reservists receiving orders to active duty and for active duty personnel receiving PCS orders or orders to deploy for at least 90 days, delay in notifying your landlord may result in more cash in your landlord's pocket and less cash in yours.

**Notice under SCRA or Military Clause.** The SCRA (and most military clauses in a residential lease simply parrot the language of the SCRA) does not require that your landlord terminate your lease 30 days after being properly notified of your orders and move. It requires that the lease be terminated 30 days after the next rental payment is due. So, if you give notice to move on October 2, and will vacate the premises on October 3, even under the SCRA the landlord can hold you liable for all of October and November rent. You gave notice on October 2 after rent was due on October 1. The next rental payment is due November 1. Thirty days after November 1 is November 30 which will be the effective termination date of the lease (assuming the lease would not have terminated before then under its original terms).

Notice under Lease Termination Clause. Your lease termination clause may indicate that the lease will automatically renew unless notice of intent to terminate is given 30 or possibly 60 days prior to the end of the lease. This means if your lease says 60 days notice is required and you give notice 45 days before the end of your lease, the landlord can hold you liable for an additional month of rent. Worse yet, if you in fact move out prior to the end of the lease, the landlord can invoke early lease termination clauses for "liquidated damages" and any concessions or discounts given to you during the terms of your lease. Let's say you rent a place for \$900 a month after a 10% discount. You move out with insufficient notice at 11 and-a-half months of a twelve month lease. You could be hit with an extra month's rent under the automatic renewal clause (\$1000 since the discount would not apply to the automatic renewal), liquidated damages (\$850—usually 85% of one month's rent) and charge back of the discount under an early termination clause (\$1200). While a liquidated damages clause may be dubious in a residential lease in most states, and one has to ask how a lease

can automatically renew and terminate early at the same time, it is better to plan ahead and give proper notice than it is to contest the issue after the landlord already feels aggrieved.

**Re-inspect.** Do a walk through with your landlord after moving out. The landlord should give you the chance to fix any damage yourself before hiring a contractor to fix it and sending you the bill. But the landlord can only give you this option if you make yourself available. Small things like nail holes in walls and broken internal door knobs can be relatively inexpensive to repair yourself but hiring someone to fix them will give you sticker shock. Also most landlords will charge disposal fees for items left in an apartment after the lease terminates such as \$200 to remove a sofa and \$25 to remove each bag of trash.

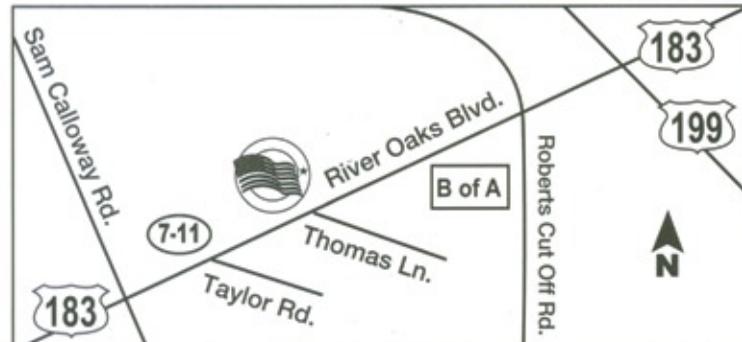
Following these steps during the lease is minimally cumbersome and may save substantial headaches and cash upon termination. Contact the legal assistance office at (817) 782-7989 with any questions regarding your residential lease. This article is not intended to substitute for the personal advice of a licensed attorney.

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## A DASH OF SALT:

**A Series of Articles on Nautical Terms, Phrases and Clichés**

BY JON CRAIG

**Part Twelve: Ahoy**

In the days of sail, before radar, sonar, satellite relays and so on, the only way to know that there was a ship near you was to see it with the Mark-1, Mod-A eyeball. Since the higher you are the further off your horizon and the further you can see, lookouts were

he saw an inlet in the coast line, or the change of direction of a ship already seen and so on. In any case, he did not shout, "ship ahoy."

Under the best set of conditions, when there was only a light breeze blowing and calm seas, or the ship was at anchor, the lookout and the officers on the

might then ask, "can you make her out," meaning, "what do you think it is?" If the lookout had an opinion he could give it here, such as, "it's a hermaphrodite brig with a one-eyed Chinese cook". Since different navies used different rigs, it might be possible to give the size and country of origin, information important to the captain who had to decide whether to run away or chase her, or to get ready to exchange information or broadsides.

It was only when they were within hailing distance that the officer of the deck might say "ship ahoy" to let the other ship's officers know that he wanted to talk to them. Usually if they were that close together, (and not shooting at one another) there was no question but that one wanted to talk to the other. "Ahoy," was more often used to address ships and boats in an anchorage and sailors still use it ashore instead of saying, "hey." For instance, if a small boat approached a war ship, the officer of the deck might challenge her by saying "Boat Ahoy." And even today, mariners use the expression to get someone's attention

deck might be able to talk at a normal conversational level. But they might be trying to communicate over a 150-foot distance, with the wind blowing a gale, waves crashing against the hull, the ship creaking as she worked in the seaway and sails flapping. To avoid confusion, the method by which the lookout and the officers exchanged information was very formal. First the lookout had to get the officer's attention, then he had to convey the information in an understandable manner.

To get the attention of the officer of the watch he would first call, "deck, there." When he was acknowledged he would then report what he saw. For instance, he might say, "sail ho." This would mean that he had spotted the upper works (topsails) of another ship that had just appeared over the horizon. The officer of the watch would ask him, "where away," meaning "which way?" The lookout's reply would give the direction of the other vessel in relation to the ship, such as, "dead ahead, right astern," or in points starting at the bow such as "four points off the starboard bow." Since one point equals 11 degrees, 15 minutes this would mean the other ship was 45 degrees to the right of the bow. If he could determine it, the lookout would also give her course and what sails she had set. The officer

***And what do you suppose was the first thing he said? Well, Hollywood has him saying "ship ahoy." This is wrong, wrong, wrong! First of all, what he saw may not have been a ship.***

posted as high on the mast as was safe. During war, there would have been a lookout on each mast. Their position is now shown as a large barrel shaped platform and is called the crow's nest, but that term is relatively new and originated in merchant vessels. In fighting ships, there was only a small open platform that encircled the mast and was located where the upper portion of the mast joined the middle or lower portion. This was approximately 10 feet below the top of the mast, known as the masthead.

Now we come to the point of this article. If the lookout saw something he would report it to the officer of the watch, who was standing on the quarterdeck. And what do you suppose was the first thing he said? Well, Hollywood has him saying "ship ahoy." This is wrong, wrong, wrong! First of all, what he saw may not have been a ship. It might be land. It could be smoke. He might hear cannon fire. It could be clouds indicating land was near. It could be a change in the color of the water that might mean a change in depth. He might see spray or waves breaking which could mean they were approaching a reef. He could see flotsam, indicating a ship sank, or land was near or a different current was present. He may have been told to provide specific information, such as to report when

**Now Is The Time**

BY YN1 SHIMEKA BROWN

Now is the time, to make the dream a reality for our nation.  
Now is the time, to make possible, a hopeless situation.

Now is the time, to lead from the front and guide.  
Now is the time, to reach out to the less fortunate far and wide.

Now is the time, to mend broken relationships with one another.  
Whether it's friends, Sailors, Soldiers, countries or sisters and brothers.

Now is the time, to take pride in the job in which you do.  
Now is the time, to promote mentorship and help others succeed too.

Now is the time, to teach our kids diligence, hard work and perseverance.  
Now is the time, to show them affection, and that free money is not always caring.

Now is the time, to share your gifts and talents with everyone.  
Now is the time, to stop complaining and suggest how to get the job done.

Now is the time, to put a smile on your face, even when it hurts inside,  
Because now is the time, to show your appreciation to those who have suffered for freedom and died.

Over forty years, Martin Luther King Jr. had a dream that we are still making reality today.  
Let us not stop dreaming for better days, let's not stop paving a better way.

Give life all you have, because you never know when it will be your last try.  
All of our fallen sailors and soldiers would probably give that reply.

As we celebrate Martin Luther King Jr.'s life, let's increase love and decrease the crime.

Each of us giving a tle back to our community helps, but Now is the time, Now is the time!



*"We have had so many more experiences in the classroom and we have such knowledgeable professors that have really prepared us for the classroom"*

**Kristen Knott**  
Senior elementary  
education major  
from San Antonio

Read more at [www.acu.edu/Knott](http://www.acu.edu/Knott)



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